Vanilla Pudding

Vanilla pudding sounds boring. Except that it is the base for all other flavors. Baring chocolate, of course. Vanilla pudding is the pudding flavor used for banana pudding, and is a perfect dry mix for pudding cakes. It is also easy to spruce up by adding flavors, fruits, or colors. However, use caution with flavors or food colors, as they may contain allergens. Experiment by adding blueberries or strawberries to containers before pouring hot pudding onto them to cool for a high calorie fruity treat.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Whisk
Pan: 8 quart pan

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 6 tablespoons of butter
- 1/2 cup of cornstarch
- 6 cups of milk (lactose free)
  - Almond, or
  - Soy
- 1/2 teaspoon of salt
- 1.5 cups of sugar
- 3 tablespoons of vanilla extract

Preparation:
1. Combine in an 8 quart pan:
   - 1/2 cup of cornstarch
   - 6 cups of milk (lactose free)
     - Almond, or
     - Soy
   - 1/2 teaspoon of salt
   - 1.5 cups of sugar
2. Allow to heat, stirring frequently.
3. Once it boils, set a timer for 10 minutes. Stir frequently.
4. After 10 minutes, mixture should be beginning to set (it won't appear as thick as animal milk pudding, it will thicken when it cools).
5. Add the 6 tablespoons of butter and the 3 teaspoons of vanilla extract.
6. Stir in well.

Cook Temperature: Medium

Cook Time: 20 to 30 minutes

Servings: 8

Storage Solutions: Round containers in individual servings
- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 2 days * Per What's Cooking America Storage Chart link in Resources
- Freezer safe: Not recommended

Reheat Instructions: Not recommended